

**Do you provide care for a loved one with
memory loss or dementia?
We know caregiving is rewarding, but can be stressful!**



UT Health
San Antonio

CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



a program of Alternatives

Who

Family caregivers of a loved one with memory loss or dementia
Caregivers coping with the stress of caring
Caregivers looking to care for themselves, too

What

Learn stress management techniques, relaxation, & coping strategies
Workbook & materials for take home study & practice
Holistic program focused on the caregiver
Meets 90 minutes weekly for 9 weeks
Small group size

Where

Bridges Community Center
809 21st Street Peru IL 61354

When

Starts Wednesday, March 29th
10:30 am—Noon

Cost

Free

For more information or to register for the program, contact David Trenor:

815-431-8034

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